



Pregnancy & Postpartum Related Services

Breastfeeding Support

Organization	Description	Location	Contact
Adventist Health- Back to Work & Pumping Class Adventisthealth.org/central-coast/events	Free class for mothers who wish to continue breastfeeding and/or pumping once they return to work; All classes are taught by a lactation consultant; Babies are welcome; Class meets once a quarter	Adventist Health Twin Cities, 1100 Las Tablas Rd, 3rd Floor OB Waiting Room, Templeton	Call: 805-546-7939
Adventist Health- Breastfeeding Basics Class Adventisthealth.org/central-coast/events	Free class meeting on the 2nd Tuesday of each month providing a comprehensive review for a successful, safe, and rewarding breastfeeding experience; Babies are welcome	Sierra Vista Auditorium, Sierra Vista Hospital, 1010 Murray Ave, San Luis Obispo	Call: 805-546-7939
Adventist Health Breastfeeding Warmline	Staffed breastfeeding support line that will answer breastfeeding questions and provide support	Support offered via phone	Call: 805-546-7939
Adventist Health Private Lactation Consultation Adventisthealth.org/central-coast/events/ahtc-lactation-clinic-private-consultation	Support and guidance for lactation and breastfeeding; Consultations are typically covered by insurance and Medi-Cal; Call 805-434-4500 for insurance questions	Adventist Health Locations	Call: 805-546-7777, option 3 to schedule
Central Coast Lactation CentralCoastLactation.com	Breastfeeding support and consultations with certified Lactation Specialist and Doula Aryel Sawdey; Prices vary by service	Appointments held via phone, video, or in-home	Call: 805-459-2962 Email: centralcoastlactation@gmail.com
County of SLO Women, Infants, and Children (WIC) SLOcounty.ca.gov/WIC	Breastfeeding education and support for all pregnant and breastfeeding mothers; Services available Monday-Friday	Meet via phone, virtually, or in-person at one of the WIC locations	Call: 805-781-5570 Text: 888-417-6180
County of SLO WIC Breastfeeding Support Line	Free support line staffed by a WIC Lactation Consultant; Messages left after hours and on weekends will receive replies	Support offered via phone	Call: 805-781-4344



Pregnancy & Postpartum Related Services

French Hospital Medical Center Breastfeeding Consultation dignityhealth.org/central-coast/locations/frenchhospital/services/maternity/breastfeeding-support	A private breastfeeding consultation with experienced staff at the Breastfeeding Center	Pacific Medical Plaza, 1941 Johnson Ave Lower Level, Suite LL4, San Luis Obispo	Call: 805-541-2229 to schedule
French Hospital Medical Center Breastfeeding Warmline	Free telephone consultation service with a professional lactation consultant; answered daily from 9:00am-4:00pm	Support offered via phone	Call: 805-541-2229
Growing with Baby SLO Growingwithbabyslo.com	Individual or group breastfeeding education; Offers in-home visits and office appointments; Call for insurance and pricing	1230 Marsh St., San Luis Obispo	Call: 805-543-6988
Pacific Midwifery Pacificmidwiferycare.com	In-home breastfeeding consultations and support with professional Lactation Consultant Megan Bochum; Prices vary by service	136 S. Halcyon Rd, Arroyo Grande	Call: 805-994-0446 Email: megan@pacificmidwiferycare.com

Postpartum Related Support Groups

Organization	Description	Location	Contact
Adventist Health-Navigating Motherhood Support Group Adventisthealth.org/central-coast/events/ahtc-navigating-motherhood	For new mothers who may have trouble adjusting to motherhood; Group meets every Wednesday from 10-11:30am; Newborns aka "Lap babies" are welcome; Register online	Adventist Health Twin Cities, 1100 Las Tablas Rd, 3rd Floor Waiting Room, Templeton	Call Michelle: 805-434-4569
Adventist Health- Newborn and Parent Support (NAPS) Adventisthealth.org/central-coast/events/ahtc-newborn-and-parent-support-naps	Free, weekly support group for parents and their infants and toddlers to connect and share experiences; Meets every Monday from 10:30-11:30am	Adventist Health Twin Cities, 1100 Las Tablas Rd, 3rd Floor Waiting Room, Templeton	Visit their website
Angela Wurtzel, LMFT-From a Pea to a Pumpkin: A Prenatal Online Psychotherapy Group	Support group for pregnant woman wanting to share feelings, experiences, and landmarks of pregnancy with others; Meets twice a month on Tuesday at 12:00pm	This group meets virtually	Call: 805-884-9794



Pregnancy & Postpartum Related Services

Angelawurtzelmft.com/prenatal-and-postnatal			
<p>Angela Wurtzel, LMFT- Talking with Mothers: A Postpartum Online Psychotherapy Group</p> <p>Angelawurtzelmft.com/prenatal-and-postnatal</p>	<p>Connecting mothers with one another to explore attachment, emotional concerns, and the transition to having a baby; Infants and toddlers up to age 2 are welcome; Meets twice a month on Tuesday at 12:00pm</p>	<p>This group meeting virtually</p>	<p>Call: 805-884-9794</p>
<p>Bloom Maternal Therapy- Mom Mood Boost Postpartum Support Group</p> <p>BloomMaternalTherapy.com/Postpartum-Support-group/</p>	<p>Weekly, facilitated support group for moms focused on building community and uplifting each other; Babies and toddlers are welcome; \$25 a session</p>	<p>Groups meet in San Luis Obispo and Arroyo Grande</p>	<p>Visit their website to book online</p>
<p>French Hospital Medical Center- The Mommy Hour</p> <p>dignityhealth.org/central-coast/locations/frenchhospital/services/maternity/maternal-emotional-wellness</p>	<p>Facilitated support group designed for pregnant women and moms who need additional support; Meets Wednesday from 10:30AM-12PM</p>	<p>This group meets virtually</p>	<p>Email Wendy: wendy.beres@dignityhealth.org Call: 805-541-2229</p>
<p>Intimate Journey Birth & Wellness Center- Mama Mentoring</p> <p>Intimatejourneybirth.com/wellness/educationsupport/</p>	<p>Circle of support and learning for moms; littles welcome; Meets Tuesdays from 10AM-12PM</p>	<p>4251 S. Higuera St. #300, San Luis Obispo</p>	<p>Follow them on Instagram for regular updates: @intimatejourneybirth</p>
<p>M.O.M.S. Club of Atascadero</p> <p>momsclubofatascadero.weebly.com/</p>	<p>Membership-driven group for moms that offers a variety of programs including: Toddler Story Time, book club, MOMS Night Out, Coffee Talk</p>	<p>North County (Atascadero, Templeton, Paso Robles, and San Miguel)</p>	<p>Email: atownmoms@gmail.com</p> <p>Follow them on Facebook: MOMS Club Atascadero</p>



Pregnancy & Postpartum Related Services

Postpartum Related Depression and Anxiety (PMAD) Therapists, Psychologists, and Psychiatrists

Organization	Description	Location	Contact
<p>Angela Wurtzel, MA, LMFT, CEDS-C, PMH-C</p> <p>Angelawurtzelmft.com</p>	<p>Licensed psychotherapist with a focus on perinatal concerns including attachment, loss, and trauma during this period; Does not bill insurance but will provide a superbill</p>	<p>All sessions are held via zoom or phone</p>	<p>Call: 805-884-9794</p>
<p>Bianca Taylor, LCSW</p> <p>Bloommaternaltherapy.com/our-team/bianca-taylor/</p>	<p>Licensed Clinical Social Worker focusing on perinatal populations; Offers evening telehealth sessions; Does not bill insurance but will provide a superbill; \$180-200 per session</p>	<p>Bloom Maternal Therapy, 310 James Way, Suite 150, Pismo Beach</p>	<p>Call: 805-206-3354</p>
<p>Bonnie Lords, LCSW</p> <p>Bonnielords.com</p>	<p>In-person and teletherapy sessions to help women heal from trauma, navigate intimate relationships, and manage the stress of motherhood; Does not bill insurance but will provide a superbill; \$140 per session</p>	<p>645 Main St., Suite A, Morro Bay</p>	<p>Call: 805-316-5924 Email: hello@epiphanyhealingcollective.com</p>
<p>Clarissa Kugler, MA, LMFT</p> <p>Swelltherapyslo.com/associates</p>	<p>Focus on perinatal mental health, navigating infertility, pregnancy, and postpartum; Does not bill insurance but will provide a superbill; \$150 per session with sliding scale available</p>	<p>Swell Therapy, 1411 Marsh St, Suite 206, San Luis Obispo</p>	<p>Call: 805-242-3686 Email: mnelsontherapy@gmail.com</p>
<p>Community Counseling Center of SLO County</p> <p>CCCSlo.org</p>	<p>Short-term, low-cost counseling services available to individuals, couples, and families; PSI-PMAD therapists are available; Offers sliding-scale and accepts CenCal and other private insurance</p>	<p>676 Pismo St, San Luis Obispo 1244 Pine St, Suite 202, Paso Robles Telehealth</p>	<p>Call: 805-543-7969</p>



Pregnancy & Postpartum Related Services

<p>Holl-lee Lawrence, MS, LMFT</p> <p>Embracewellness805.com</p>	<p>Focuses on maternal mental health, anxiety management, and relationships; Office is baby and kid friendly; Accepts some private insurances</p>	<p>5975 Entrada Ave, Atascadero</p>	<p>Call: 805-792-2287 Email: hlawrence.lmft@gmail.com</p>
<p>Jamie Hutchcraft, PhD</p> <p>Serenity-fp.com</p>	<p>Focuses on women's wellness and maternal mental health, trauma treatment, PMAD, and the manifestation of anxiety; Accepts CenCal or private pay on a sliding scale</p>	<p>Serenity Family Practice, 1147 E. Grand Ave, 106, Arroyo Grande</p>	<p>Call or text Jamie's confidential line: 805-709-8703</p>
<p>Lauren Reade, AMFT</p> <p>Bloommaternaltherapy.com/our-team/lauren-reafe/</p>	<p>Solution-focused therapist focusing on mothers and families; Accepts CenCal and will provide a superbill; \$145 per session</p>	<p>Bloom Maternal Therapy, 310 James Way, Suite 150, Pismo Beach</p>	<p>Call: 805-206-3354</p>
<p>Lindsay Beck, AMFT</p> <p>Bloommaternaltherapy.com/our-team/lindsay-beck/</p>	<p>PMAD-trained therapist specializing in supporting the perinatal population; Accepts CenCal and will provide a superbill; \$145 per session</p>	<p>Bloom Maternal Therapy, 310 James Way, Suite 150, Pismo Beach</p>	<p>Call: 805-206-3354</p>
<p>Lisa Aguilar Slover, PsyD, PMH-C</p> <p>Renescencepsychologicalservices.com/</p>	<p>PSI-PMAD trained psychologist with a focus on maternal mental health, post-pregnancy conditions, and general anxiety; Does not bill insurance but will provide a superbill; \$200-240 per session</p>	<p>Renescence Psychological Services, 1209 Park St., Suite 301B, Paso Robles</p>	<p>Call: 805-591-4579 Email: drlisaslover@gmail.com</p>
<p>Monique Sigler, LMFT</p> <p>Swelltherapyslo.com/associates</p>	<p>Maternal and perinatal therapist supporting perinatal women; does not bill insurance but will provide a superbill; \$150 per session</p>	<p>Swell Therapy, 1411 Marsh St, Suite 206, San Luis Obispo</p>	<p>Call: 805-242-3686 Email: mnelsontherapy@gmail.com</p>
<p>Rebecca Velasquez, LCSW</p>	<p>PMAD-certified licensed clinical social worker supporting women with postpartum mental health</p>	<p>486 Marsh St., Suite A, San Luis Obispo</p>	<p>Call or Text: 805-305-4543 Email: velasqueztherapygroup@gmail.com</p>



Pregnancy & Postpartum Related Services

Rebeccavelasqueztherapy.com/	struggles, the transition to motherhood, and other postpartum related conditions; does not bill insurance but will provide a superbill; Habla Espanol		
Roya Oakley, LMFT Bloommaternaltherapy.com/our-team/roya-oakley/	PMAD-trained therapist supporting parents through transitions and growth; Does not bill insurance but will provide a superbill; \$180-200 per session	Bloom Maternal Therapy, 310 James Way, Suite 150, Pismo Beach	Call: 805-206-3354
Serena Andrews, AMFT Swelltherapyslo.com/associates	PSI-PMAD trained; Does not bill insurance but will provide a superbill; \$110-120 per session; Sliding scale available	Swell Therapy, 1411 Marsh St, Suite 206, San Luis Obispo	Call: 805-242-3686 Email: mnelsontherapy@gmail.com
Trinity Berguia, LMFT Trinityberguia.com/	Does not bill insurance but will provide a superbill; \$160 per individual session and \$180 for couples or families	615 Clarion Ct., Suite 3, San Luis Obispo	Call: 805-242-1188 Email: trinity.lmft@gmail.com
Yadria Gomez, ASW innerexpansions.com/staff/yadira-gomez-asw	Spanish-speaking therapist working with children, families, and teens; Accepts CenCal and will provide a superbill; \$145 per session	Inner Expansions Therapy Services 9700 El Camino Real, Suite 200, Atascadero	Call: 805-460-7300 Email: Yadira@innerexpansions.com

Support and Information (Depression, Anxiety, etc.)

Organization	Description	Languages	Contact
Mother to Baby MothersToBaby.org	Evidence-based information on the safety of medications and other exposures during pregnancy and while breastfeeding	English, Spanish	Call or Text: 866-626-6847
Postpartum Progress PostpartumProgress.com	Information and blogs about motherhood, postpartum depression, and other related experiences	English	Visit the blog
Postpartum Support International (PSI) PSIchapters.com/ca/	Non-emergency postpartum support line; Connects you to a local volunteer	English, Spanish	Call: 805-994-0873 Email: psilocounty@gmail.com



Pregnancy & Postpartum Related Services

Pregnancy & Parenting Support of SLO County PPSslo.org	Non-emergency postpartum support line; Connects you with local counseling and resources	English, Spanish	Call: 805-541-3367
SLO Hotline (Central Coast Hotline) https://tinyurl.com/centralcoasthotline	Free, confidential support for those struggling with mental health, including postpartum depression and anxiety	English	Call or Text: 1-800-783-0607

Perinatal Related Classes

Organization	Description	Location	Contact
Adventist Health Baby Care Basics Adventisthealth.org/central-coast/events	Free classes to help women and their partners, or other caregivers, prepare for taking care of an infant; Registration is required; Meets the 3rd Thursday of the month from 6-9pm	Adventist Health Sierra Vista, Sierra Vista Auditorium, 1010 Murray Ave, San Luis Obispo	Register online
Adventist Health Infant Care & Safety (Hybrid) Adventisthealth.org/central-coast/events	Free hands-on practice sessions for new parents to learn best practices for bathing, burping, swaddling, and diapering newborns; Infant CPR and car seat safety are covered; Meets every other month	Adventist Health Twin Cities, Medical Arts Center Founders Pavilion, Twin Cities, 1200 Las Tablas Rd, Templeton	Register online
French Hospital Medical Center-Maternity Classes dignityhealth.org/central-coast/locations/frenchhospital/classes-and-events/maternity-classes	Free classes for mothers and their partner; Classes include Prepared Childbirth, Natural Childbirth, Baby Basics, Breastfeeding, and Infant CPR; Must be delivering at the Stollmeyer Family Birthing Center; Registration is required	The Copeland Health Education Pavilion, Suite 101, French Hospital Medical Center, 1941 Johnson Ave., San Luis Obispo	Call: 805-542-6659 Email: tamra.winfield-pace@dignityhealth.org
San Luis Costal Adult School-Parent Participation Classes AE.slcusd.org/parent-part	Classes for parents of young children that focus on parent participation and relationships; Schedule changes with the seasons; Cost for classes ranges from \$125-200 per season	Classes offered in San Luis Obispo and Morro Bay	Register online: slcusd.asapconnected.com

Other Perinatal Related Services

Organization	Description	Contact
Baby Blossom Babyblossom.info	Certified parent educator teaching parents the Child'Space® Method to support and enhance their infants' development; Classes offered virtually or in the Bay Area	Email: hello@babyblossom.info



Pregnancy & Postpartum Related Services

Byram Healthcare Breast Pumps Breastpumps.byramhealthcare.com	Order insurance-covered breast pumps and compare models	Visit their website
Central Coast Childbirth Network CentralCoastChildbirthNetwork.com	Network of local childbirth professionals and advocates working to share information and support families from preconceptions through the first year of parenting	Call: 805-222-6926
Kick It California-Pregnant & Parents KickItCA.org/Pregnant-parents	A state program designed to help pregnant people and parents quit tobacco, vaping, and marijuana, all of which are harmful to pregnant women and children	Visit their website
Meet You in Dreamland MeetYouInDreamland.com	Local sleep consultant who focuses on helping parents get a better nights' sleep; Consultations can be done via email, phone, or in person; Prices range from \$35-215	Call: 805-296-2149 Email: meetyouindreamland@gmail.com
Mom and Mind Podcast wellmindperinatal.com/momandmindpodcast/	A weekly podcast hosted by Dr. Kat, a psychologist who specializes in perinatal mental health; Episodes on demand that focus on a variety of topics	Listen on Spotify, Apple, Pandora, YouTube, or Well Mind Perinatal
SLO Doula Connection SLODoulaConnection.com	A centralized source of Central Coast doulas serving women and families in SLO and Santa Barbara Counties; All doulas are professionally trained; Includes Medi-Cal-covered doulas	Visit their website
Yummy Mummy YummyMummyStore.com	Insurance-covered breast pumps, resources, and guidance	Call: 855-879-8669